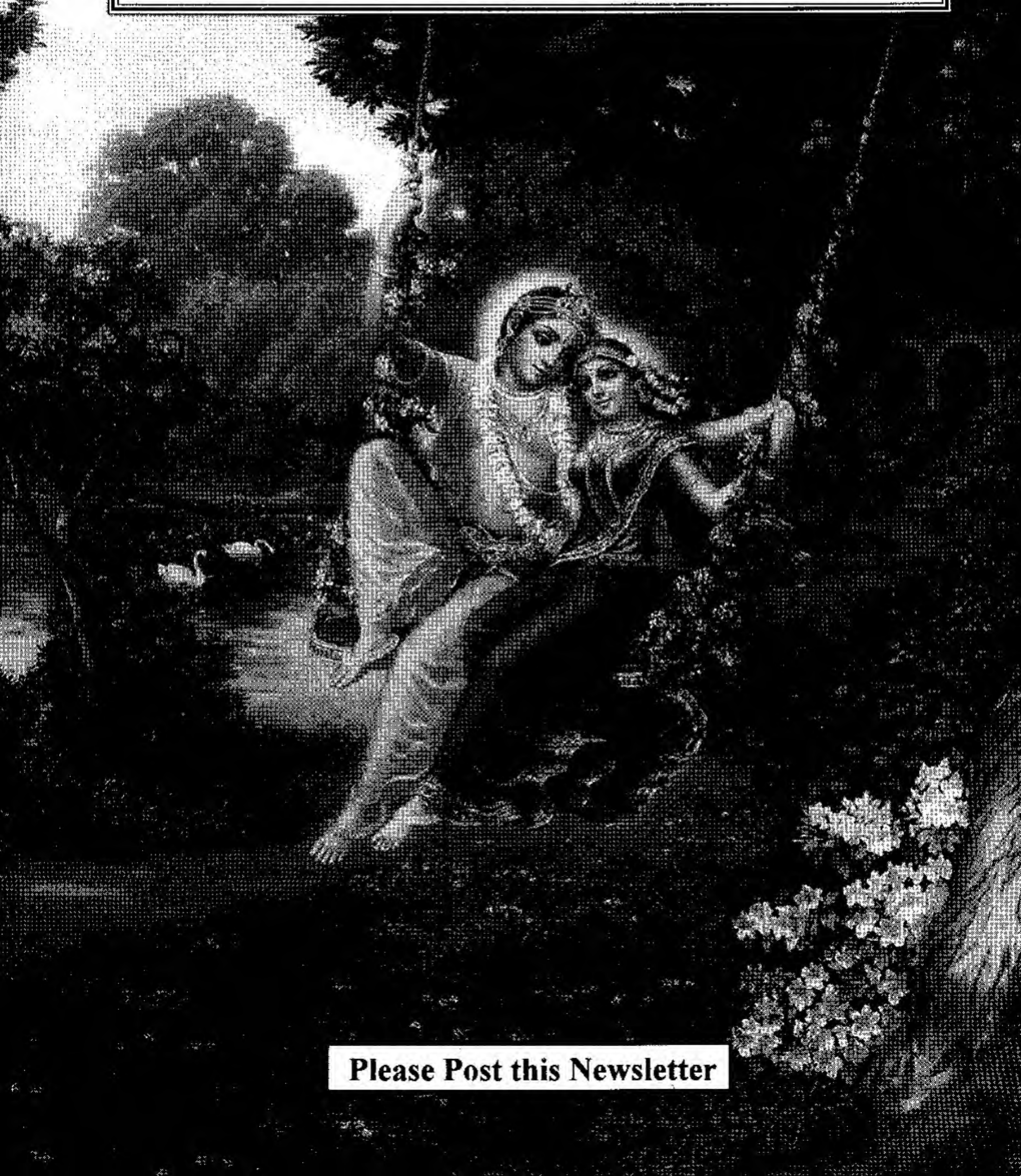


Hope this Meets You — in Good Health —

The Newsletter of the ISKCON Health and Welfare Ministry



Please Post this Newsletter



Ananta Sakti dasa

His Divine Grace A. C. Bhaktivedanta Swami Prabhupada
 Founder-Acarya of the International Society for Krsna Consciousness

CREDITS

Editors: Prahladananda Swami
 Dravida dasa
 Mrgendra dasa
 Tattvavit dasa

Typists: Krsna Harini devi dasi

Layout: Bhuvanamohini devi dasi

SUBSCRIPTIONS

The subscription cost is US\$7.50 for two issues of this newsletter. Please send, along with your name and address, a money order in US dollars to:

ISKCON Health and Welfare Ministry
 c/o ISKCON Radhadesh
 B-6940 Septon
 Durbuy BELGIUM

The Ministry's mailing address is:

ISKCON Radhadesh
 B-6940 Septon
 Durbuy BELGIUM

All correspondence should be mailed to this address.

Contributions are welcome for upcoming newsletters.

DISCLAIMER

The articles contained in this magazine do not necessarily represent the views of the editors or the Health and Welfare Ministry.

This magazine is not intended to treat, diagnose or prescribe. The information contained herein is in no way to be considered as a substitute for consultation with a duly licensed health-care professional.

FROM THE MINISTER

Srila Prabhupada often stressed that a simple diet, a simple life, and Krsna consciousness make a good combination. Satisfaction with the minimum necessities of life saves time for spiritual practices that can produce higher states of consciousness. By contrast, a complicated lifestyle creates problems, which require time and effort to solve, leaving us with little enthusiasm and energy for solving the real problems of life—birth, death, old-age, and disease.

No matter how expert we are at solving our material problems, they will persist. On the other hand, service to the Supreme Lord, especially spreading the sankirtan mission of Lord Caitanya, will actually solve the problems of our lives by enlightening us with transcendental knowledge. By developing spiritual awareness we will experience higher states of spiritual happiness, which will encourage us to live more simply and be satisfied with spiritual consciousness. If we dedicate our energies for Lord Caitanya Mahaprabhu's mission, we can be confident that He will provide all our necessities. Still, the leaders are responsible for using the Supreme Lord's gifts for the benefit of all.

Please chant

*Hare Krsna Hare Krsna
Krsna Krsna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare*

and be happy!

Hope This Meets You — in Good Health —

The Newsletter of the ISKCON Health and Welfare Ministry

Issue No. 4

February 1998

Srila Prabhupada on Health	4
Mental Health in Krsna Consciousness	7
Mental Health in Perspective	
by Satsvarupa dasa Goswami	
Routine a Secret of Health	9
To be regulated is good for the Physical Body as well	
by Prahladananda Swami	
The Five Elements	10
How to understand the five elements in our Daily Lives	
by Padmanabha dasa	
Agni – The Fire of Digestion	11
How to improve digestion and eat according to your Body's Needs. . by Ramaprasad dasa and Raga Manjari devi dasi	
Ghee and Oil	17
Are you using Healthy Ingredients?	
by Ugresha dasa	
Massage: An Easy Way to Stay Healthy	18
An Overview . . by Kaviraja Pratap Chauhan	
News from Around the World	20



*Hope this Meets You
— in Good Health —*

Srila Prabhupada on Health

Taking Care of the Devotees

You must ask them what they need

Prabhupada: Mm. (pause) So you don't require covering? This girl? This cloth is sufficient? What you think? Why you have no covering? Mm? You do not require cloth?

Kuladri: It is warm for us Srila Prabhupada.

Prabhupada: No, if they require, there must be supply. You must ask them what they need and provide them

because they do not say you'll also keep silent. That's not good. Every month they must be asked what they need. Necessities, they must be supplied. We have already discussed this point, the women, they require protection, children, women.

(Conversation: June 26, 1976 New Vrindavan)

Duties in Relation to the Body and Mind

Bhaktivinoda Thakura warns us in this connection that we should not mistakenly think that the idea of giving up everything implies the renunciation of duties necessary in relation to the body and mind. Even such duties are not sense gratification if they are undertaken in a spirit of service to Krishna.

(Caitanya Caritamṛta: Adi 4.170)

Vaccines

Brahmananda: Actually, when I was in Germany, there was evidence of how the scientists increased disease. They invented some vaccine to counteract influenza, and they injected all of Germany with this vaccine. But what happened is sometimes the body builds up resistance to these vaccines and produces another germ. So, as a result, another type of influenza was created, which was far more worse than the previous. It made people get fever for four and five days straight, 105 degrees.

Prabhupada: That is the way of... They have discovered this streptomycin, for tuberculosis, that if one takes too many injections of streptomycin, then it does not act.

Devotee: He becomes immune.

Prabhupada: Yes.

Brahmananda: So as a result of the vaccine they created a worse type of influenza, and they have nothing to counteract that worse type. So now they have to invent another type.

Prabhupada: These rascals give trouble to the people, especially in India. They are not after the vaccine. They

will catch people and force them. Just see. This is going on. (indistinct) ...others are avoiding, they are going, going this way, that way. Sometimes they fall, they do not know, and capture (indistinct). These rascals are creating havoc. Only to kick them on their face with shoes. That's all. The so-called scientists and biologists and... They do not know anything.

(Conversation: April 14, 1975 Hyderabad)

General Diet

Prabhupada: My mother used to make puffed rice at home. So there is special rice available for making puffed rice.

Either you can prepare at home or you can purchase in the market, special rice. So she was preparing nice puffed rice, very, very nice. In a sand pot. My mother was always engaged in making some food preparation. Some pickle, some chutney, and this puffed rice, or something else, something else, something else. Besides cooking for the family, she was being assisted by my sisters. Always palatable foodstuff. So many guests were there, and if son-in-law would come, they would specially prepare food for him. To receive guests, give them nice food to eat, prepare nice food for the family, this is the Indian pleasure. They are not very much, nowadays, for upkeep of the home, very... That, in their own way, they keep it very nicely. Every utensils, very cleansed, they are kept ready for use, some cloth. If you go in a poor man's home, but



you'll find everything very neat and clean. Ask these grhasthas to keep their home very neat and clean. Are they keeping?

Bhagavan: Yes.

Prabhupada: What are the general program for eating?

Bhagavan: For eating? Every morning everyone has a nice glass of yogurt, chickpeas and apple, orange and banana.

Prabhupada: Chickpeas fried?

Bhagavan: Boiled, chick peas. And apple, orange and banana. And in the afternoon they have rice, dal, capati, and salad, and in the evening they have a glass of milk and a little bread.

Prabhupada: That's nice.

(Conversation: Paris August 3, 1976)

Freedom From Disease

Simple life and simple food

Prabhupada: And if you do it very carefully, then you'll never get disease. Take simple food, neat and clean, you'll not get disease. So everything depends on eating to keep the health proper. But these things can be simplified when the life is simple. If I go to work in office at this time, then so many things become topsy-turvy. But if you depend on yourself, either as a brahmana or ksatriya, you haven't got to depend on others, then you can do timely. Now we have to go fifty miles at least to attend office. In your country at least, this is the system. They are coming from Long Island, Liberty Island. In New York I have seen. Three, four hours to go to work. And again three, four hours to come to home. And work there eight hours. Then what is value? He's shattered. He has no other solace than wine, and he has no other culture. No family, dog friend (laughter) and television idea, that's all. What his life? Every man has got a dog friend because he has no family. Men, women, and television, engagement, I have seen it, all this, in New York.

(Conversation: Paris August 2, 1976)

The source of disease

When the disease is there, you go to the doctor, take medicine, try to become cured from the disease. But nobody inquires that "Why I am subjected to this disease?" That is intelligence. "Precaution is better than cure." If you know how to protect yourself from disease, then that is better position than to become diseased and cured. That is not very good intelligence. Rather, don't be diseased, not that you become diseased repeatedly and go to the medical man and be cured. *Punas punah carvita-carvananam*. They have been described as chewing the chewed again and again. So actually our problem is that we are diseased at the present moment, every one of us. What is that disease? *Janma-mrtyu-jara-vyadhi-duhkha-dosanudarsanam*. This is our disease: we are forced to die, we are forced to take birth, we are forced to become old and we are forced to become diseased.

(Caitanya Caritamrta Lecture: Madhya 20.120, Bombay, November 12, 1975)

Basis of all Food

Anna, ghrta, dadhi and *dugdha* are food grains, ghee, yogurt and milk. Actually these are the basis of all food. Vegetables and fruits are subsidiary. Hundreds and thousands of preparations can be made out of grains, vegetables, ghee, milk and yogurt. The food offered to Gopala in the *Annakuta* ceremony contained only these five ingredients. Only demoniac people are attracted to other types of food, which we will not even mention in this connection. We should understand that in order to prepare nutritious food, we require only grains, ghee, yogurt and milk. We cannot offer anything else to the Deity

(Caitanya Caritamrta: Madhya 4.93)

Give the a lesson not to fall sick

Prabhupada: Patient is always rascal fool. You cannot expect him to be intelligent. He must agree to the physician's directions. That is intelligence. He must know that he's diseased, he must follow the instruction of the physician. That much will help him. Unless one is rascal, he does not fall sick. As soon as you violate the hygienic principles, you become sick. All commit sinful activities on account of ignorance. So therefore the best advancement of civilization is not to open hospitals, but to give them a lesson that they may not fall sick and go to hospital. That is real...But they do not know. They keep the mass of people in ignorance, they fall sick and they come to hospital and number of hospitals increase, they think it is advancement. This is their idea.

(Garden Conversation: June 23, 1976, New Vrindaban)

No question of suffering from bodily disease

Prabhupada: Actually spiritual consciousness keeps the body fit. Just like in the body the spirit soul is there and the consciousness is also there, maybe polluted, but as soon as the spirit soul gives up this body, the body immediately begins to decompose. So the decomposition of the body is checked by the spiritual presence. So if you become advanced in spiritual consciousness there is no question of suffering from bodily disease.

(Bhagavad-gita Lecture: 2.14, Mexico, February 14, 1975)

Bindu-sarovara: a special Lake

In the Caitanya-bhagavata (Antya-khanda, Chapter Two) it is said that when Lord Sri Caitanya Mahaprabhu arrived at Sri Bhuvanesvara, He visited the temple of Lord Siva known as Gupta-kasi (the concealed Varanasi). Lord Siva established this as a place of pilgrimage by bringing water from all holy places and creating the lake known as Bindu-sarovara. Sri Caitanya Mahaprabhu took His bath in this lake, feeling a great regard for Lord Siva. From the spiritual point of view, people still go to take a bath in this lake. Actually, by taking a bath there, one becomes very healthy even from the material viewpoint. Taking a bath and drinking the water of this lake can cure any disease of the stomach. Regular bathing certainly cures indigestion. (Caitanya Caritamrta: Madhya 5.141)

Performing Yoga

To perform yoga one must be moderate

Then Lord Kṛṣṇa says, *natyasnatas tu yogo 'sti*. "Anyone who eats more than necessary, oh, he cannot perform yoga. *"Na ati asnatas yogo 'sti na ca ekantam anasnatah*. "A person," I mean to say, "willfully trying to keep himself in starvation, he cannot perform yoga. Neither the person who eats more than he requires, he also cannot perform yoga." The eating process should be moderate, only for keeping the body and soul together. Not for enjoyment of the tongue. So that is the real yogic process, that you cannot eat very palatable things. Because as soon as palatable things comes before us, naturally if I take one, I must take two, three, four. You see? So so far yogis are concerned, they cannot take any palatable desirable things. They have to simply take only the necessities. Some of the yogis, I have seen, there was one yogi in Calcutta... Of course, in a temple, in a sanctified place. He was taking once only a little quantity of rice boiled with water, at three o'clock in the afternoon he was taking. That was his food and nothing more.

(Bhagavad-gita Lecture: 6.11-21 New York, September 7, 1966)

Sleep, Dreaming, Eating and Yoga

So *natyasnatas tu yogo 'sti na caikantam anasnatah na cati svapna-silas ya*. "If anyone dreams very much, he cannot also execute." Now, here Sri Kṛṣṇa does not say that there is dreamless sleep. Dreamless sleep cannot be possible. It is not possible. If somebody says, "dreamless sleep," it is also another lunacy. No. Dream there must be, more or less. As soon as you go asleep, oh, dream there must be. That may be good dream, bad dream, or for long time or for little time. But dream there must be. Now, Kṛṣṇa says that *na ca ati svapna-silas ya*. That means "One who dreams very much while sleeping, he cannot execute yoga." *Na jagrato naiva carjuna*. "And one who cannot sleep at night..." I have got a young friend, he cannot sleep. So for him, it is not yoga...yoga process is not possible. He may note down here. So sleep also required. You cannot remain without sleeping. That is also required. That means somehow or other, you should

keep your body fit. You should not eat more, you sleeping. That is also required. That means somehow or other, you should keep your body fit. You should not eat more, you shall not voluntarily starve, you should not be voluntarily awake, and neither, and if you keep yourself peaceful, then you'll not sleep...you'll not dream also. When the bile is very much agitated, then we see so many dreams due to the air which is coming out of agitated bile. And if you keep yourself peaceful, cool mind, cool head, cool, I mean to say, stomach, then there will, there will be ordinary sleep.

(Bhagavad-gita Lecture: 6.11-21 New York, September 7, 1966)

Hatha Yoga

Anyway I know the people of Tehran they like hatha yoga very much. I understand Parivrajakacarya Swami is teaching a course combining both hatha and bhakti yoga to attract the people. This is a very good idea. Somehow or other inject the bhakti yoga. That will save them from the degradations of sense gratification. (Letter to Atreya Rsi: Bombay, 4 December, 1974)

Mental Health

Psychiatry

Guest (1) (young man): Would you like to give your views on psychiatry?

... Guest (1): Is it necessary to have a therapeutic system?

Prabhupada: No, everything. First of all we have to understand that everything is expansion of God's energy. So if you understand God, then the energies are automatically understood. *Kasmin tu bhagavo vijnate sarvam idam vijnatam bhavati*. This is the Vedic injunction. If you try to understand God, then His energies also will be understood by you. If you know the root, if you water on the root of the tree, then the tree, whole tree, becomes luxuriantly flourished. So our proposition is: you take the root, Kṛṣṇa, and you will understand everything properly from the root. If you want to understand the tree, whole tree, you try to

understand it from the root, not from the top. So disease, any disease, if you understand the root cause of the disease you can give proper medicine and he's cured.

So psychiatrists generally their patients are crazy fellows. Generally they treat crazy fellows. Is it not? No sane man goes to a psychiatrist. (laughter) Is it not a fact? So all these crazy men sometimes makes the psychiatrist a crazy also. So more or less, everyone is crazy. That is the... It is not my layman's opinion. It is the opinion of a big medical surgeon. There was a case in the court, murder case. The murderer pleaded that "I became crazy, mad, at that time." That is generally... So the medical man was called to examine. He was great civil surgeon in Calcutta. So he gave his opinion in the court that "So far I have treated many patients, so

my opinion is that everyone is more or less a madman. More or less. It is a question of degree." So our opinion is like that, that anyone who is not under the direct connection with God, he's a crazy man. He's a madman. Now you can treat. So we are also psychiatrists. We are pushing this Kṛṣṇa consciousness. So because anyone who is in this material world—more or less crazy, madman. Because he doesn't care for God, therefore he's crazy. He is completely under the control of God, but still, he has the audacity to say, "No, I don't believe in god." Crazy man. So anyone who does not believe in God, he's a crazy fellow. You can treat him. Everyone is patient.

(Bhagavad-gita Lecture: 9.4 Melbourne, April 23, 1976)



Mental Health In Krsna Consciousness

by Satsvarupa dasa Goswami

Any suggestion that an ISKCON devotee should "see a psychiatrist" used to be taken as a first-class invitation to maya. But there is a growing acceptance that some devotees are handicapped by their past karma to such a degree that they can't function well as bhaktas or bhaktins. Despite their sincerity, they are dysfunctional. And so we have the phenomenon of devotees going to see counselors, psychologists, and so on. It is a dangerous thing, however, if a devotee goes to see someone who is not a devotee or is not entirely sympathetic to the devotee's following the four rules and chanting sixteen rounds, or to a devotee's single-minded dedication to Srila Prabhupada.

Admitting that there is a place for psychotherapy in the life of certain candidates for Krsna consciousness, I would caution that it should be used only as a secondary resource, or only for those problem cases where sincere persons are not able to function normally with other devotees because of their traumatic situation. Srila Prabhupada said that the routine life of Krsna consciousness was healthier than the life of the meat-eating, intoxicant-taking karmi, and therefore devotees would be not so likely to run up big medical bills. It seems also true that the regulated life of Krsna consciousness will take care of mental health without

separate therapy provided by a professional psychologist.

I thought it would be interesting to make a list of the symptoms of good mental health and see whether they are naturally attainable within the life of Krsna consciousness. A psychiatrist who is presently treating an ISKCON devotee gave me a list of four standard items of mental

health. She said that if any of these four needs are not fully met, there will be some mental imbalance.

1. Physical needs must be taken care of, i.e., food, clothing, shelter, exercise. Physical illness can cause biochemical imbalances in the brain, stress, etc., which can upset mental health.

In other words, there is a crucial



relationship between physical health and mental health. Speaking for myself, I know that I was practicing poor health habits before I joined Prabhupada in New York City in 1966.

I was living alone, not cooking for myself but eating junk food, smoking, and doing other things that were deleterious to good physical health. Right after coming to Srila

Prabhupada I noted that my physical health improved just by my engaging in the natural Krsna conscious activities he gave us, partaking of the wonderful prasadam he cooked, participating in the new "physical exercise" of dancing, and completely eliminating smoking and illicit sex. (I am still amazed at how quickly I

was able to give up those bad habits, by his divine grace.) Critics of spiritual life sometimes accuse the devotees of not taking care of themselves physically, but it was not the intention of our founder-acarya that his disciples neglect their physical health in the name of spiritual advancement. Prabhupada writes: "In the past, great authorities selected those foods that best aid health and increase life duration, such as milk products, sugar, rice, wheat, fruits, and vegetables" (Bhagavad-gita 7.10, purport). And Krsna Himself states in His instructions to Uddhava: "One should endeavor to get sufficient foodstuffs, because it is always necessary and proper to maintain one's health. When the senses, mind and life-air are fit, one can contemplate spiritual truth, and by understanding the truth one is liberated" (Srimad-Bhagavatam 11.18.34).

In the Age of Kali, it is becoming harder and harder for people to find minimum food, clothing and shelter. The devotees don't over-endeavor to get these basic physical necessities, but their experience is that Krsna always fulfills these minimum physical needs so that they can execute their spiritual life. At least we are no worse off than the nondevotees who work day and night just to increase the

luxury and security of their food, clothing, and shelter.

"Ideally, at the end of this life we will go back home to the world of eternity, bliss, and knowledge and be with Krsna."

Prabhupada I noted that my physical health improved just by my engaging in the natural Krsna conscious activities he gave us, partaking of the wonderful prasadam he cooked, participating in the new "physical exercise" of dancing, and completely eliminating smoking and illicit sex. (I am still amazed at how quickly I

2. Mental needs, such as positive outlook and a positive sense of self (i.e., feeling worthy, valued, loved and accepted), along with positive circumstances (safety and positive thoughts for the future), contribute to healthy mental life.

Srila Prabhupada used to say, "Our

*Hope this Meets You
— in Good Health —*

future is brilliant.” He personally gave us the hope that we could be happy in this life and work in such a way as to improve our next life. Ideally, at the end of this life we will go back home to the world of eternity, bliss, and knowledge and be with Krsna. And if we do not attain perfection in this life, we will still

“It is a dangerous thing, however, if a devotee goes to see someone who is not a devotee or is not entirely sympathetic to the devotee’s following the four rules and chanting sixteen rounds, or to a devotee’s single-minded dedication to Srila Prabhupada.”

make progress, for our devotional service will never be lost. Who can match this for a positive outlook and hopes for the future? The nondevotees who do not believe in the eternality of the self have at their core a great existential anxiety. This leads them to try to satisfy the need for a positive mental outlook by various kinds of sense gratification, which can never satisfy the real self. *“In this age, men are victims not only of different political creeds and parties, but also of many different types of sense-gratificatory diversions, such as cinemas, sports, gambling, clubs, mundane libraries, bad association, smoking, drinking, cheating, pilfering, bickerings, and so on. Their minds are always disturbed and full of anxieties due to so many different engagements. . . . So many sinful acts are being carried on that the people in general have neither peace of mind nor health of body.”* (Srimad-Bhagavatam 1.1.10, purport)

We can’t claim that all of these symptoms of mental health are always a hundred percent present in the community life of every ISKCON temple, or in any practicing devotee’s home. But because the ingredients for mental health are naturally supported by the life of devotional service, the best policy is to concentrate more on

mainstream Krsna conscious life, and this will automatically remove mental inebrieties.

3. Social needs are defined as a support system of at least twenty people who fall into four categories: friends, peers (i.e. colleagues), family and mentors.

We need to live in some sort of society. If we are not satisfied with the society of devotees, then we will find some other social group. The lack of some support system will lead to mental disease. The burden is on both the individual devotees and the devotional communities to provide sane social settings so that devotees can practice Krsna consciousness nicely.

No man is an island. The acaryas of Krsna consciousness are well aware of this truth, and therefore they consistently advise us to practice Krsna consciousness in the association of other devotees. Such association is called *sadhu-sanga*, from which one derives immense spiritual benefit as well as social support. “When we inquire from a friend whether everything is well, we are concerned not only with his personal self but also with his family, his source of income, and his assistants or servants. All of them must be well, and then a person can be happy” (Srimad-Bhagavatam 6.14.17). In his *Upadesamrta*, Rupa Goswami has taught us how to relate to different persons in our life—mentors, friends, the innocent, and the demoniac—all with a view to enhancing our Krsna consciousness and to functioning as helpful members of society.

4. Spiritual needs are defined as: “The sense of offering unconditional love to someone bigger than yourself on the existential level and receiving the same back.”

Accepting this psychological definition of spiritual needs, certainly Krsna consciousness provides and teaches us to offer unconditional love to someone bigger than ourselves. Who can be bigger than the Supreme Personality of Godhead? The whole science of *bhakti* is meant to develop this reciprocation between the eternal servants of the Lord and the Supreme

Personality of Godhead. Those who are already well developed in offering service to Krsna can also become recipients of our love, as in the relationship between a disciple and the spiritual master.

In giving these examples, I am not trying to claim that ISKCON provides all these mental-health factors “automatically,” or that every devotee is already perfect. The burden is on each of us to continually work to attain these items of mental health. But I think we can be fully confident that in most cases we needn’t go outside Krsna conscious practices in order to provide the physical, mental, social, and spiritual needs of a healthy human being.

Srila Prabhupada always instilled this confidence in us, and he was particularly pleased when outsiders also observed it in his disciples. “In an article about the temple of the Hare Krsna movement in Durban, South Africa, the Durban Post reported, ‘All the devotees here are very active in the service of Lord Krsna, and the results are obvious to see: happiness, good health, peace of mind and the development of all good qualities.’ This is the nature of Vrndavana.

“. . . Because the ingredients for mental health are naturally supported by the life of devotional service, the best policy is to concentrate more on mainstream Krsna conscious life, and this will automatically remove mental inebrieties.”

Harav abhaktasya kuto mahad-gunah: without Krsna consciousness, happiness is impossible; one may struggle, but one cannot have happiness. We are therefore trying to give human society the opportunity for a life of happiness, good health, peace of mind, and all good qualities through God consciousness” (Srimad-Bhagavatam 10.13.60). ❀

Routine a Secret of Health

by Prahladananda Swami

What is the most important secret of health? Srila Prabhupada reveals it in his purport to Srimad-Bhagavatam 1.1.10:

"In Kali-yuga, the duration of life is shortened not so much because of insufficient food but because of irregular habits. By keeping regular habits and eating simple food, any man can maintain his health. Overeating, over-sense-gratification, over dependence on another's mercy, and artificial standards of living sap the very vitality of human energy. Therefore the duration of life is shortened."

Ayurveda explains that one of the main causes of ill health is stress. Stress can result from natural changes like the fall in temperature from day to night. When the stresses of material life occur, an imbalance in the body's energies (doshas) may prevent the body from adjusting adequately. The result is disease. Regulating our lives, however, will minimize the effect of stress, and therefore it may be said that the more regulated one's life, the healthier one will be.

To aid in the regulation of life, Ayurveda prescribes daily and seasonal regulations.

The briefest possible healthy scenario would include:

1. Preparing the night before
2. Arising before dawn
3. Urination and defecation, to empty the digestive tract so that it has space to take in new nourishment
4. Washing the hands, feet, face, mouth, eyes, and nose (all the senses), so that with purified sense organs we may accurately perceive the sense objects. Bathing.
5. Contemplation of the Deity
6. Light massage, exercise
7. Breakfast

Sleep

A healthy morning regimen begins the night before, with sound sleep. Proper sleep has many benefits, such as helping to balance the energies of the body. Sleep gives complete rest

to all the senses and the mind. Just as food helps restore carbohydrates, minerals, and other elements lost through physical exertion, sleep helps restore mental balance and gives freshness and inspiration to the mind. Deep sleep is a natural form of meditation.

Sleep not only helps maintain bodily weight, but it also aids in the formation of *virya*, a subtle energy,



which gives the body luster and provides determination as well as intelligence.

One's work determines how much sleep one needs. A manual laborer will usually need more sleep than an office worker. As a general rule, the need for sleep declines with age. According to the Bhagavad-gita:

"One who eats more than required will dream very much while sleeping, and he must consequently sleep more than is required. One should not sleep more than six hours daily. One who sleeps more than six hours out of twenty-four is certainly influenced by the mode of ignorance. A person in the mode of ignorance is lazy and prone to sleep a great deal. Such a person cannot perform yoga." (Bhagavad-gita 6.16 purport)

Elsewhere Srila Prabhupada explains that different persons may require different amounts of sleep, but in any case one should try to minimize it:

"Similarly, sleeping also. Sleep, you require some rest, but don't sleep twenty-six hours. Not like that. Utmost six hours to eight hours; sufficient for any healthy man. Even the doctor says, if anyone sleeps more than eight hours, he is diseased. He must be weak. Healthy man sleeps at a stretch six hours. That is sufficient. That's all. And those who are tapasvis, they should reduce sleeping also. Just like the Gosvamis did. Only one and a half hour or utmost two hours." (Srimad-Bhagavatam Lecture: 1.5.35, Vrindavana, August 16, 1974)

Too much sleep can cause mental imbalances or such physical problems as indigestion, excessive yawning, and disjointed limbs. One who has a severe throat problem, one who has been bitten by a snake, or one who has taken poison should sleep at night only under the direction of a qualified physician.

Irregular sleeping times can also create problems, such as sinusitis, headaches, loss of appetite, and even fever. One should generally not sleep during the day, but taking a nap during long summer days is okay.

Insufficient sleep can produce such symptoms as physical pain, heaviness in the head, yawning, indigestion, and drowsiness; and extended sleeplessness may cause insanity. According to Vagbhata, an authority on Ayurveda,

"One who is celibate, who is not sensuous, and who is self-satisfied will get natural sleep at the proper time."

Insomniacs may try the following remedies:

1. Regular habits of eating, sleeping, work, and recreation can help overcome insomnia. Go to sleep at the same time each night, and wake up at the same time each morning.

2. Massaging the back of the head and neck and the soles of the feet with sesame oil (summer) or mustard oil (winter) can help induce sleep.

3. Take a warm bath.

4. Drink a cup of hot milk with 1/2

Please turn to page 19 . . .

The Five Elements

by Padmanabha dasa

Generally, Ayurvedic discussions are concerned with the three *doshas*, specific combinations of the five elements. When we speak of *kapha-dosha*, we mean water and earth. *Pitta-dosha* is a combination of fire and water. And *vata-dosha* consists of air and ether. These are of course general terms, corresponding to all solids, liquids, gases, radiant energies, and space.

In this article I would like to concentrate on the elements themselves. Many different combinations of elements occurring naturally allow for different foods to increase more than one *dosha*. Salt, for example, made of earth and fire, contains elements that increase both *kapha* and *pitta*. Therefore increased salt intake is sometimes sufficient to cure many *vata* diseases. Because black pepper contains fire and air, it increases *pitta* and *vata*. Therefore it is a perfect solution for many *kapha* problems. However, it is dangerous for someone who needs the fire but who also has problems with nerves.

But let us take the elements individually, as we meet them in our daily life—*bhumir apo 'nalo vayuh kham...*

Earth: We have somehow separated ourselves from the earth in the course of our modern development. We have forgotten that the earth is our mother. This term “mother” is not simply some sentimental understanding of our dependence upon the earth but rather indicates many aspects of our relationship with her. Obviously both our physical mother and mother earth provide us with nourishment, but there is more to nourishment than milk and grains. From our mother we get much subtle nourishment in the form of affection and support. The ideal mother is someone we feel is behind us when we need support, beside us when we need a friend, and in front of us when we need guidance.

The one single most important aspect of karma is our relationship with our mother.

The relationship with mother earth also has some of these aspects. Of course, we wouldn't talk to her in the same way that we speak with our “real” mother, but we should



communicate with her. We don't have to go into detail about modern man's alienation from the land and his ruthless exploitation of the earth. By way of illustration, however, let me here simply give a mantra that a civilized man recites at the beginning of the day, when he first puts his foot on the ground:

*samudra-vasane devi parvata-
sthana-mandite visnu-patni
namas tubhyam pada-sparsha
ksamasva me*

“O Goddess, consort of Visnu, please forgive me for putting my foot on you, who hold the oceans and the mountains. Please accept my obeisances.”

Mother Bhumi fills the earth with her consciousness, just as we fill our own bodies with ours. She is full of prana, life force. She is willing to give us much energy, but we block this energy by maintaining an improper attitude and by wearing our plastic shoes.

Water: Everyone knows how important clean drinking water is, so let me here concentrate on its life-giving character. Insufficient intake of water takes away life. The body slows down and the poisons stay in. One problem is that people don't work hard enough these days. Oh, they have enough stress and anxiety—they have plenty of problems—but generally they don't do enough physical work. Sitting in a factory or office doesn't produce enough perspiration. The body doesn't “ask” for much water. An inactive lifestyle also kills the fire of digestion, without which there's not enough thirst.

Now, here's my point. Most of my patients are devotees, and after some years I have finally realized there is one very important question I should ask every devotee I examine: “What were you doing before you joined that you no longer do?” You can imagine what kind of answers I get: tennis, weight-lifting, karate, all kinds of things—all kinds of things which that person needed for his physical (and mental) well-being. I can of course accept the argument that the soul doesn't need these things, but the soul also doesn't need a shower and prasadam.

Fire: This element has been explained above. If you feel too little energy in your body, too little enthusiasm, or if your digestion is too slow, maybe you need to get out and run. Wood should warm you up three times: once when you chop it, once when you cook with it, and once when you eat the soup. We need more chopping. Be active to get your fire burning, not passive.

Air: As with water, air should be clean. Along with food, air is our most important source of prana. Therefore the yogic breathing exercise known as pranayama is so important for increasing prana in the body and maintaining health. A good

Please turn to page 19...

AGNI—The Fire of Digestion

by Ramaprasad dasa and Raga Manjari dasi

"Food is the fuel. Digestion is the fire"

—Dr. HS Kasture, Ayurvedic scholar

Today many people recognise the importance of a good diet, but how often do we hear about the key role that digestion plays? What naturopaths now know as the "leaky gut" syndrome has for thousands of years been understood by Ayurvedists as the accumulation of toxins (*ama*) due to an unbalanced digestive fire (*agni*). This syndrome is the underlying cause of a whole gamut of disorders.

The indigenous Indian healing science known as Ayurveda emphasizes that attaining balanced nutrition and digestion is the first step toward maintaining good health, curing disease, and living a long life. The following article examines why diet and digestion form the foundation of effective self-care and explains how to attain optimum digestion.

METABOLISM AND THE CONCEPT OF AGNI

Ayurvedic medicine teaches that *agni* is the metabolic energy or fire in the body responsible for all physiological processes.

A balanced *agni* is the first line of defense against disease and premature aging. Three types of fire exist at different levels of the body, the elemental fire (*bhoota agni*). Here we are concerned primarily with the digestive fire, or *jathara agni*, since it governs the other two.

EATING-A FIRE SACRIFICE

"Our bodies are the transformative temples for food."

—Amadea Morningstar, Ayurvedic nutritionist

The Hindu fire sacrifice (*yajna*) is a ritual in which priests throw grains, ghee, and other auspicious substances into a fire as an offering to the gods, who reciprocate by bestowing prosperity, peace, and general well-being. Similarly, teaches Ayurveda, when we ingest food we offer it in sacrifice to the digestive fire in our stomach (*jathara agni*). The digestive fire transforms the food into nutrients that the body can assimilate so that it functions in a healthy and harmonious way.

THE DIGESTIVE FIRE (*Jathara agni*)

Agni is present in the alimentary tract of all organisms. The fire is

most prevalent in the digestive juices, such as bile, hydrochloric acid, enzymes, and all biochemicals responsible for digestion in the stomach. It is this fire that triggers the digestion of food, which is eventually converted into various constituents of the body. Ayurveda teaches that all substances consist of the five elements ether, air, fire, water, and earth. The active element fire is inherent in all food to assist *agni* with digestion. That's why chillies and other hot foods, which contain a predominance of fire, raise the metabolic rate and aid digestion when eaten in moderation. Conversely, cold drinks and foods such as ice cream are low in fire and therefore inhibit digestion. The assimilation of nutrients and the elimination of wastes largely depend on the efficiency of this digestive fire. A perfect digestive fire gives one radiant health and strong immunity to disease.

THE HEALTHY STATE OF AGNI

In Ayurveda, a healthy digestive fire is known as *sama agni*. One who has *sama agni* possesses a vital factor of ideal health, wherein all the physical and psychological functions work in perfect harmony. The body of such a person has little or no accumulated toxins. These rare people will manifest the following qualities: Clear, smooth skin; bright, clear



eyes; balanced emotions; a regular and healthy appetite; the absence of gastric disturbances and other diseases; thick, glossy hair; a light, flexible body; deep, refreshing sleep; abundant energy and vitality; a positive attitude; and wholesome lifestyle habits.

PATHOLOGICAL STATES OF AGNI

"The balance or aggravation of the bodily elements (doshas) is at all times due to the relative strength or weakness of the digestive fire. Therefore one must always protect the digestive fire and avoid all activities that might weaken it."

— Ch a r a k a
Samhita

Unbalanced doshas result in an unbalanced agni, which in turn creates a further imbalance in the doshas and an accumulation of toxins. Imbalances in agni can be divided into the following three categories:

IRREGULAR DIGESTION (VISHAMA AGNI)

Due to Vata imbalance.

When vata (air and ether) increases in the body, all fires become weak and irregular and the following symptoms may arise:

Symptoms of imbalance: Irregular appetite; frequent indigestion; weight loss; general fatigue; coating of the tongue, especially on the base and middle of the tongue; dryness of the body; insomnia; anxious and fearful dreams; nervousness; rheumatic and other vatic disorders related to movement and regulation.

OVERACTIVE DIGESTION (TEEKSHNA AGNI)

Due to Pitta imbalance.

When pitta (fire and water)

increase in the body, agni becomes intense and hyperactive. As a result, nutrients will be over-processed and lose their nutritive qualities.

Symptoms of imbalance: Profuse thirst and hunger; lethargy and fatigue after eating; profuse body odor and sweating; burning sensations; inability to tolerate hunger, causing irritability and hostility; yellowish to reddish urine, with urination causing a burning sensation; light and prolonged sleep with colorful and violent dreams;

"The Hindu fire sacrifice (yajna) is a ritual in which priests throw grains, ghee, and other auspicious substances into a fire as an offering to the gods, who reciprocate by bestowing prosperity, peace, and general well-being. Similarly, teaches Ayurveda, when we ingest food we offer it in sacrifice to the digestive fire in our stomach (jathara agni)."

tendency for inflammatory, blood, liver, and spleen related disorders.

SLUGGISH DIGESTION (MANDA AGNI)

Due to Kapha imbalance.

When kapha (earth and water) increases, the digestive fire becomes dull. Thus the digestion of food is slow and inefficient. Many or all nutrients will accumulate and become toxins.

Symptoms of imbalance: Lack of appetite; heaviness of the body; hypersalivation; excessive secretion from the orifices, such as eyes and nose; desire to oversleep; disturbing emotional dreams; lethargy and a tendency toward swelling, especially below the eyes on waking; predisposition to tumors and other growths; diabetes or other kaphic disorders.

These three unbalanced states of agni are connected with the development of allergies; low immunity; irregular bowel motions, such as in irritable bowel syndrome; hypoglycemia; hyperglycemia; chronic fatigue; and disturbances in the gastro-intestinal flora, which

breed diseases such as Candida albicans and Giardia lamblia.

Ultimately, an irregular, overactive, or sluggish digestive fire contributes to the development of all psychological and physiological disorders. When food is not transformed into nutrients that can be assimilated by the body, it is transformed into a toxic substance known as ama in Ayurveda.

A M A - " A B N O R M A L METABOLIC ALIENS"

Ama is toxic matter resulting from improper digestion. Ama is anything that cannot participate in the body's normal

physiological flow. Food or supplements that cannot be assimilated due to a weak agni are like food that cooks improperly due to a cooking fire that is too hot, not hot enough, or irregular.

The same food that transforms into nourishing nectar in a person with a balanced digestive fire, transforms into ama in a person with an unbalanced digestive fire. This toxic matter sits in the gastro-intestinal tract and breeds disease, just as a stagnant pool of water breeds mosquitoes. Ama is a perfect medium for the growth of Candida, viruses, bacteria, allergens, and any number of other harmful micro-organisms. Inevitably, disease results.

Over time, ama travels along the subtlest channels of the body and accumulates in the body's weakest points. These points are where the body is most vulnerable due to malnutrition, genetic predisposition, a previous accident or exposure to environmental toxins or internal chemicals, insufficient and unbalanced diet, or energy blockages. For example, a person may get toxins (ama) travelling to

and accumulating in a knee due to a previous sports injury there, whereas another person, due to a genetic weakness of the eyes, may get *ama* accumulating there, creating chronic conjunctivitis. The manifestations of *ama* are as limitless as the number of disease symptoms, but the cause is one—an unbalanced metabolic fire.

WHAT CAUSES POOR DIGESTION AND AMA?

Many factors can weaken digestion and form *ama*. By guarding against the following factors, you can prevent and treat many illnesses:

- Taking the wrong foods, at the wrong time, in the wrong amount, in the wrong way, or in a negative mental or physical environment. The most common dietary indiscretion in developed countries is over-eating, causing a condition known as “the undernutrition of overconsumption.”
- Premature stimulation of, suppression of, or failure to attend to the body’s natural urges, such as thirst, hunger, or the need to urinate, defecate, sleep, pass flatus, exercise, or sneeze.
- Taking too much cold fluid or food, such as ice cream.
- Taking drugs such as marijuana, cocaine, heroin, methamphetamine, nicotine, alcohol, or the many “designer drugs.”
- Exposure to external toxins such as air or water pollutants or artificial beauty products.
- Prolonged emotional strain such as grief, anger and mental stress.

DO YOU HAVE AMA?

At some stage of life everyone is host to this insidious alien matter. The following symptoms are some of the many that indicate *ama* is present at a dangerous level: a white-coated tongue upon waking; bad breath; dull eyes; excess mucus; spotty skin; dull, lifeless hair; irregular or absent appetite; foul-smelling flatus or feces; bacterial,

fungal, or viral infections; disturbances of the intestinal tract; allergies; poor healing of wounds; low immunity; and mood swings.

If you suffer from one or more of these symptoms, changes in your diet and lifestyle, along with therapeutic support, are overdue. Don’t panic, though: it’s never too late to do some internal spring cleaning and habit-reforming! Ayurveda offers suitable dietary, lifestyle, and therapeutic guidelines to purify your body, strengthen your agni, and restore you to your original state of well-being.

Ultimately, an irregular, overactive, or sluggish digestive fire contributes to the development of all psychological and physiological disorders.

RULES OF EATING

“Food, the life of all living beings, destroys life if taken improperly, while poison, a destroyer of life, is an elixir when taken properly.”

—Charaka Samhita

Ayurveda recommends that we keep unhealthy habits in check by asking ourselves the following questions.

BEFORE EATING

Am I really hungry?

It is best to eat only when you are really hungry or when the previous meal has been fully digested (at least five hours later).

Do I need to go to the toilet first?

It is best to empty one’s bowels and bladder before eating. It is a sign of ill health to empty one’s bowels immediately after eating.

Did I wash my hands, face, and feet?

Simple hygiene is important to avoid illness. Avoid taking a shower or swim within three hours after eating, since such immersions draw the circulation away from the digestion.

Am I in congenial surroundings?

Pleasant company, conversation, and surroundings are conducive to a contented mind, which helps proper digestion.

Did I offer thanks for the abundance given?

One should offer thanks to Sri Krishna and to the people who provided, prepared and served the meal.

Am I sitting comfortably, facing east, and breathing through my right nostril?

All these factors help agni digest efficiently.

DURING EATING

Am I rushing?

Eat at a moderate speed, taking care to chew each mouthful ten to twenty times.

Am I appreciating this meal?

Take time to appreciate the aroma, texture, taste, and even the sound of the food.

Do I need to drink some liquids?

Small quantities of room-temperature or warm drinks help agni digest and promote efficient absorption and elimination.

Am I satisfied?

Ayurveda recommends that one half-fill the stomach rather than stuff it to capacity. The stomach is about the size of a fist, so two handfuls of food is the ideal quantity to consume at each meal.

AFTER EATING

Do I need a rest?

Ayurveda recommends that one avoid heavy physical or mental exertion for at least thirty minutes after a meal. A slow walk for twenty minutes is good. Strictly avoid sleep for three hours after eating, since it will cause *ama* to form; however, you may lie on your left side for ten to thirty minutes. The yoga posture known as vajrasana also aids digestion.

BAD SIGNS AFTER EATING

Evacuation soon after eating; bloated abdomen; headache; pain in the stomach or intestinal area; intestinal cramps; dizziness; continued hunger; lethargy; body

ache; skin rashes; accumulation of mucus in the throat or nose; excessive burping; flatulence; salivation or sweating; restlessness; irritability; depression; hostility.

ELIMINATING AMA

Along with laying out the guidelines for a healthy diet, Ayurveda offers herbal treatments to purify the body and ignite *agni*. Consult an Ayurvedic physician before undertaking any of these.

STEPS TO ELIMINATE AMA and THERAPEUTIC AIDs

Step 1—Re-ignite and stabilize agni. (Depanam)

Therapeutic aid

—Ginger, ajowan, piper longum

Step 2—Break down ama. (Pachanam)

Therapeutic aid

—Cyperus rotundus, triphala powder

Step 3—Expel ama from the body (Shodhanam)

Therapeutic aid

—Castor oil, Calamus, Cassia fistula

Step 4—Nourish and strengthen (Brimhanam)

Therapeutic aid

—Withania, Ginseng, Asparagus racemosus

Step 5—Rejuvenate the body (Rasayanam)

Therapeutic aid

—Hiritaki, Gotu cola, Eclipta alba

IDEAL DIET

"Good food purifies and strengthens the body, gives energy, and promotes health, clear thinking, and life"

—Sri Upanishads

According to the Ayurvedic science of nutrition, an ideal meal follows these guidelines:

- The ingredients are fresh, locally grown, organic, and seasonal.

- The meal provides all the six tastes—sweet, sour, salty, pungent, bitter, and astringent.

- There is a good balance between heavy and light, liquid and dry, cooked and raw, cooling and heating foods.

- The food suits the climate and the constitution of the eater.

- The food is attractive in appearance, smell, and taste.

- The food is prepared lovingly, in hygienic conditions.

- The meal contains complementary proteins, such as rice and dhal.

- The meal consists primarily of *sattvic* foods, which promote a clear mind.

THE AYURVEDIC VERSUS THE WESTERN APPROACH TO NUTRITION

Ayurvedic nutrition shares many concepts with its Western counterpart, but it also differs in important ways.

Please see table 1.

DIETARY GUIDELINES FOR CONSTITUTIONS

VATA DIET

Favor

Tastes Sweet, salty and sour

Qualities Heavy, oily and hot

Quantity Moderate amount at regulated times

Preparation Well cooked, warm, liquid and spiced

Spices Asafoetida, rock salt, ginger, cumin, cardamom, cinnamon, fennel, coriander, long pepper, sesame seeds, ginger, and ajwan.

Avoid Excess

Tastes Bitter, pungent and astringent

Qualities Cold, dry and raw

Quantities Irregular and excessive meals

Preparation Baked, grilled, fried and dried

PITTA DIET

Favor

Tastes Sweet, bitter, astringent

Table 1.

WESTERN MEDICINE

AYURVEDIC MEDICINE

- Stresses the quality of food

- Views nutrition in terms of food groups, calories, vitamins and minerals, with little concern for the taste and quality of food

- Formulaic diet often recommended to people collectively, regardless individual's constitution and health state

- Views diet as an adjunct to treatment rather than a complete therapy in itself

- Less emphasis put on the subtler aspects of nutrition

- Places equal importance on quantity

- Views food in terms of whole value, stressing the role and taste and factors such as heavy or light, dry or oily, and heating or cooling

- Unique diet given, suited to the individual's constitution and health status

- Views diet as a powerful therapeutic, rather than a tool, which may be the only treatment itself

- Emphasis on one's mental attitude while preparing and eating food

- Analyzes the psychological and spiritual effects of food.

qualities Heavy, dry and cold
Quantities Moderate amount
Preparation Raw salads, fruits
Spices Fennel, turmeric, coriander, cumin, and mint.

Avoid Excess

Tastes Salty, pungent and sour
Qualities Hot, oily and light

"Food, the life of all living beings, destroys life if taken improperly, while poison, a destroyer of life, is an elixir when taken properly."

—Charaka Samhita

Quantities Light infrequent meals
Preparation Hot foods and drinks

KAPHA DIET

Favor

Tastes pungent, bitter, astringent

Qualities Light, dry, hot

Quantities Light and less

Preparation Soups and salads

Spices Cayenne, black pepper, ginger, long pepper, mustard, cinnamon, cloves, and chilies.

Avoid Excess

Tastes Sweet, salty and sour

Qualities Heavy, oily and cold

Quantities Heavy or too much

Preparation Eating between meals

RECIPES TO BOOST AGNI

Before eating

Those with weak digestion should take some digestives fifteen minutes before eating. Some common ways to aid digestion include chewing a slice of fresh ginger, drinking half a glass of warm water with the juice from half a lime, chewing two neem leaves, taking one capful of Swedish Bitters in half a glass of warm water, or taking an Ayurvedic digestive wine such as Gandharvahastadi.

During eating

Many spices and herbs used in Indian cooking not only enhance the

food's taste but also act as powerful digestive aids. Buttermilk added to vegetables increases healthy intestinal flora, much as acidophilus yogurt does.

Pepper with some lemon juice and rock salt increases *agni*, while a green chili with its seeds removed reduces *agni* significantly. Common spices such as turmeric, cumin, ginger, coriander, black mustard seeds, fennel seeds, ajawan seeds, cinnamon, and hing produce carminative, anti-bacterial, and *agni*-promoting effects to varying degrees. The key to their use is moderation. People who cannot tolerate hot digestives can use cool digestives such as neem leaves, nut grass, aloe, or gotu-kola once or twice daily. Each person should select a suitable digestive according to his or her constitution.

After eating

To aid digestion and freshen the mouth, one can chew a teaspoon of a mixture composed of equal parts fennel, cumin, and cardamom seeds and ground pepper and rock sugar.

FASTING AND PURIFICATION DIET

"Fasting permits the body to digest ama, reawakens the digestive fire, clears the channels, and eliminates excess moisture (fluid retention and fat) from the tissues."

—Robert Svoboda, Ayurvedic scholar

Fasting is the first and basic purification therapy in almost all diseases. Fasts are tailored to the individual according to the degree of *ama* accumulation, the person's strength, and the specific imbalance. Fasting can be fatal if conducted improperly. Those with a *kapha* constitution are generally able to sustain a longer fast than those with *pitta* or *vata* constitutions. Ayurveda recommends vegetable broth, rice soup, or juice fasts most frequently.

To promote health one should undergo a one-day cleansing-tea fast or warm-water fast every fortnight. This gives the digestive tract a rest,

re-establishes proper eating habits, and releases accumulated toxins. Such a regular fast is one of the best ways to prevent a chronic disease from developing.

After a proper fast, one should notice such signs as a pleasant body odor, the normalization of appetite, a clear tongue, bright eyes, clear stool and urine, mental clarity, and vitality. Fasts longer than two days should be done under the supervision of an Ayurvedic physician. Ayurveda often utilizes specific purification herbs and therapies, such as enemas or medicated vomiting, to help eliminate *ama* from the body.

While fasting one should also undergo a mental purification involving a vow of silence except for prayers or affirmations, avoidance of television, radio, or noise, and adherence to the principles of honesty, celibacy, cleanliness, and selfless service. One should avoid any mental or physical exertion at this time, though short nature walks are highly beneficial.

THE TWO-DAY PURIFICATION DIET

Those allergic to any of the following ingredients should avoid them:

DAY ONE

Breakfast —Cleansing Tea

In a saucepan mix 3 cups of water

"Good food purifies and strengthens the body, gives energy, and promotes health, clear thinking, and life"

—Sri Upanishads

with 1 tbs freshly grated ginger, 1 tsp fennel seeds, 1 cardamom pod, 1 tsp dried licorice root, 1/4 tsp black pepper, and 1/3 tsp ground turmeric. Bring to a boil; then simmer uncovered until it has reduced by half. Allow to cool for five minutes; then stir in 2 tsps of honey (palm sugar if you are vegan).

Lunch —Khichri

In a saucepan mix 4 cups of water, 1/5 cup split mung dhal, 1/3 cup of rice, 1/2 tsp each of ground cumin, coriander, fennel seeds, turmeric, ginger, and a pinch of hing and salt. Bring to a boil uncovered; then skim off the foam on the top. Allow to simmer partially covered, stirring occasionally, until it becomes soft—roughly 30 minutes.

Ayurveda teaches that food imbibes the energy of the people who handle it, from the farmers who harvest it to those who transport, sell, prepare, and serve it. For this reason, whenever possible one should eat food that has been grown locally and prepared by someone who will infuse the meal with the special ingredients of love and devotion.

Dinner —Vegetable broth

Combine the following ingredients in a saucepan: 1 stick of celery, sliced fine; 3 diced yellow squash; 1/2 cup diced sweet potato; 1/2 cup diced daikon (white radish); 1 sliced zucchini. Add 1 liter of water and the following spices: 1 cup of freshly chopped parsley; 1 tsp each of ground cumin, ground coriander, turmeric, and grated ginger; 1/2 tsp hing; and a pinch of black pepper. Bring to a boil and allow to simmer for 40 minutes on a low heat. Strain and drink 2 cups.

DAY TWO**Breakfast** —Cleansing Tea

Same as day one

Lunch —Juice

Vata constitution: 2 cups of fresh grape juice

Pitta and kapha constitution: 2 cups of fresh apple juice

Dinner —Vegetable broth:

Same as day one

INFLUENCE OF FOOD ON THE MIND

Ayurveda teaches that food imbibes the energy of the people who handle it, from the farmers who harvest it to those who transport, sell, prepare, and serve it. For this reason, whenever possible one should eat food that has been grown locally and prepared by someone who will infuse the meal with the special ingredients of love and devotion. Foods can be divided into the following three categories, according to their psycho-spiritual effect.

SATTVIC FOOD

Ayurveda recommends *sattvic* food, for it promotes clear thinking, calm emotions, physical health, and spiritual purity.

"Foods dear to those in the mode of goodness increase the duration of life, purify one's existence, and give strength, health, happiness, and satisfaction. Such foods are juicy, fatty, wholesome, and pleasing to the heart." Bhagavad Gita 17.8

Examples: Fresh vegetables, fruits, milk, ghee, butter, mung dhal.

RAJASIC FOOD

Rajasic food promotes an aggressive, dominating, and insensitive nature.

"Foods that are too sour, salty, pungent, dry and burning are dear to those in the mode of passion. Such foods cause distress, misery, and disease." Bhagavad Gita 17.9

Examples: Meat, garlic, onions, stimulants, intoxicants, refined sugar, excessive hot spices.

TAMASIC FOOD

Tamasic food promotes an ignorant, destructive, and lethargic mood.

"Food prepared more than three hours before being eaten, food that is tasteless, decomposed, and putrefied, and food consisting of remnants and untouchable things is

dear to those in the mood of ignorance." Bhagavad Gita 17.10

Examples: Devitalized food, junk food, tinned food, food that grows in the dark, such as mushrooms, and food preserved for a long time.

DON'T LIVE TO EAT-EAT TO LIVE

Once you have purified your body and re-established healthy eating habits, good nutrition should be easy to maintain. Obsessively worrying about your diet or feeling excessive remorse after dietary indiscretions sets up a self-destructive pattern. We are eating to live, not living to eat, and so everything should be done in moderation. When you slowly incorporate these Ayurvedic principles into your life, the benefits you experience should provide enough incentive for you to follow them with ease. May everyone attain radiant health and happiness through the wisdom of Ayurvedic healing!

"Foods dear to those in the mode of goodness increase the duration of life, purify one's existence, and give strength, health, happiness, and satisfaction. Such foods are juicy, fatty, wholesome, and pleasing to the heart." Bhagavad Gita 17.8

Raga Manjari Dasi is a disciple of His Holiness Bhakti Charu Swami. She is a naturopath, a homeopath, and an Ayurvedic consultant who practices medicine throughout Australia with her husband, Ramaprasad Dasa, an Ayurvedic physician from Kerala, India. You may contact Raga Manjari and Ramaprasad by phoning (070) 985 920.

Ghee and Oil

by Ugresha dasa

Is smoking ghee poisonous?
Do foods cooked in it have a bad effect on the organs?

There is a smoking point for every oil. For oils which are used for frying, this point is around 180 - 190 degree Celsius.

At about 170 degrees puris puff up nicely. If you go beyond that the oil (or ghee) starts to deteriorate quickly. Short before the smoking point the oil starts to decompose and the formation of free radicals and metabolites such as benzyprens takes place. These substances are highly toxic and definitely cancer producing. Further, this oil cannot be properly digested by the liver and will cause an irrevocable liver disorder and consequently a reduction of digestive ability in general.

Characteristics of oils and fats:

Ghee is a good fat for frying if is not full of the hormones and antibiotics that are given to the animals nowadays. It is rather stable against oxidation. Oxidation is measured and expressed in the peroxide figure. The higher this figure is, the more rancid the oil is. Three factors influence the peroxide value:

(1) the characteristics of the oil: Some oils are stable, others become poisonous if heated up just once.

Peanut oil is good if you want to fry every day with the same oil, but only if you use it a few hours per day. Peanut oil is often strongly contaminated with aflotoxins (cancer producing by-products of mold fungi).

Sunflower oil is good if you fry the

whole day continuously with the same oil. But then it should be replaced.

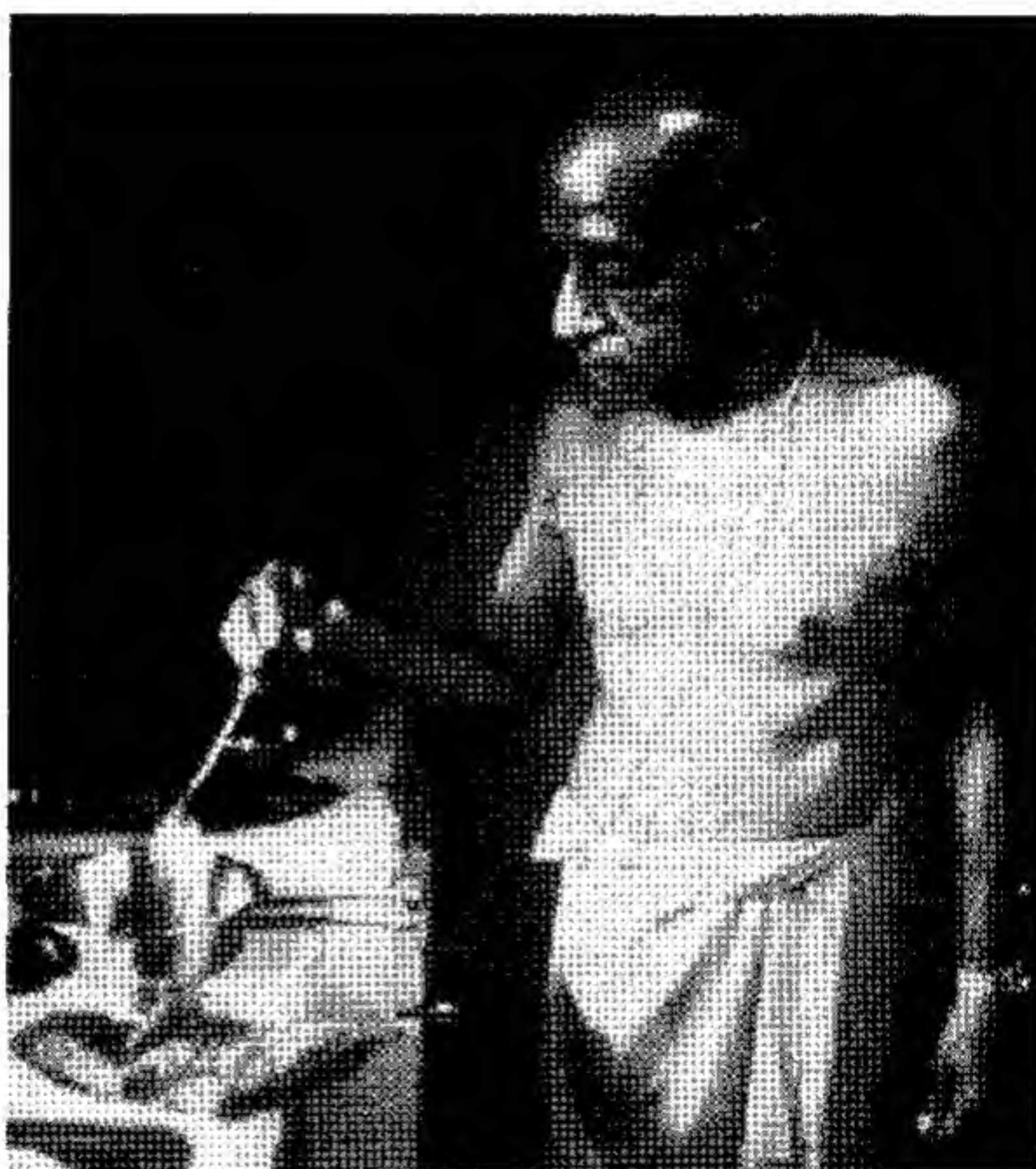
Coconut fat is good for frying if it is not hardened. Hardened fats and oils are extremely dangerous to health and should be omitted completely. (Beware of shortenings and margarine.)

Ghee is good for frying, but rarely used by the food industry because it

includes most cold-pressed, unrefined oils, and safflower oil, nut oils, wheat germ oil, and linseed oil.

Olive oil contains mainly mono-unsaturated fat acids and is good for pan frying but not for deep frying.

If you are an experienced cook, you can keep the oil temperature of a wok constant. If your oil is often getting too hot, use a deep frying device with thermostat or a cooking thermometer.



(3) time: The longer you use an oil, the more it oxidizes. Between two frying sessions, the oil should be stored cool and light-protected, to slow down oxidation. If food particles remain in the oil during frying they tend to burn and cause a rapid deterioration of the oil.

How long can an oil be used for frying?

There are simple test stripes available, allowing you to measure the oxidation of the oil. Just contact a

supplier for gastronomy or commercial kitchens. Any big chemical supplier such as MERCK has such test-stripes available.

Eating too many fried preparations and using old, cheap and degenerated oils for cooking are main causes of poor health and liver problems and digestive diseases.

Only 10% of the calories we eat should come from fats. In so-called civilized countries we get 40% of our energy from fats. Devotees sometimes get even more. But that is a subject for another article.

is more expensive than plant oils. **NONE OF THESE FRYING OILS SHOULD EVER BE ALLOWED TO SMOKE. IF THIS HAPPENS, THE OIL SHOULD BE REPLACED WITH FRESH OIL (OR GHEE) IMMEDIATELY.**

Better loose a few dollars than your health.

(2) the temperature: The hotter an oil gets, the faster oxidation and decomposition will take place.

Oils containing polyunsaturated fat acids should never be heated up. This

Massage: an Easy Way to Stay Healthy

by Kaviraja Pratap Chauhan

Massage (*abhyanga*) is a type of passive exercise. It is specially good for weak people, who are unable to exercise. Different types of massage techniques are mentioned in Ayurveda. Regular massage is the key to good health, and is necessary both for prevention and cure of diseases.

Oil massage is most common. Oil should be chosen according to the season and the personal constitution. Mustard oil is the best for massaging in the winter. It should not be used in summer, however those in habit of constant internal use of mustard oil can massage with it in all the seasons. Coconut oil and olive oil are also good for massaging in other seasons. People with *vata* type body should use some warm oil, and those with *pitta* type will do good with cooling oil. The *kapha* types can do dry massage or should use mustard oil after warming it.

Method of Massaging

One should start massage from the feet, then massage the legs, hands, abdomen, back, chest, neck, shoulders, face and head. First apply the oil on the part which is to be massaged. Then massage the part gently with palms till the oil goes inside the body. While massaging, the hands should move from below to upwards. The motion should be uniform (not too fast and not too slow) and pressure should be applied only on the muscles, not the bones. Different types of actions of fingers and hands are used for massaging different organs. One should

have an empty stomach while getting a massage. The best time for massaging is early morning or evening. One should take shower after an oil massage, though wait for 20-30 minutes before taking a shower. There should be no anxiety, stress, anger or worry. The person should fully concentrate on the part being massaged. It is better to get a massage from an expert. You can do it by yourself too, in case there is no expert. One should not take a massage when there is too much mucus in the body (aggravation of *kapha*), when suffering from fever, and after one has undertaken cleansing therapies like vomiting (emesis) and purgation.

Benefits of Massaging

Massage stimulates the internal functions of the body and provides nourishment to various body tissues. It helps in cleansing the toxins from channels. Massaging with oil provides lubrication to various body mechanisms. It stimulates the

different agnis (enzymes), increases assimilation of food and increases the vital body fluid called the *ojas*. It works at both mental and physical levels of the body. It is beneficial in the case of insomnia, weakness of nerves, laziness, exhaustion, general debility, dry and unhealthy skin. So get started and let me know how you feel.

Please feel free to contact for any further assistance.

Dr. Partap S. Chauhan

Ayurvedic Physician.

e-mail: partap@ayurvedic.org

COM: partap.chauhan@com.bbt.se

Ayurvedic Health Center Onlilne:

<http://www.ayurvedic.org>

Address in India:

1144, Sector 19,

Faridabad-121002

Haryana

INDIA.

Telephone: 91-129-296174

Fax/tel.: 91-129-295547



Routine a Secret of Health

... continued from page 9.

tsp of ghee.

5. Place one or two drops of oil in each ear.

6. Meditating on the Supreme Lord and His pastimes can induce peaceful sleep.

7. Physical labor helps induce sleep.

Physical exercise reduces mental strains, stresses, and anxieties, which may cause sleeplessness. When the brain is calm, sleep comes automatically.

Arising

Rising before sunrise has many benefits, one of which is that the body can more easily synchronize itself to the sun's rhythm. At the end of the night *vata* predominates, and its quality of lightness interferes with sound sleep.

Since *vata* is also involved with elimination, it is best to eliminate the wastes from the body before dawn.

Emptying the Digestive Tract

In a fireplace, a fire will burn best

if you clean out the ashes first. Similarly, you will digest your food better if you can eliminate bodily wastes before eating.

Washing and Bathing

The skin is an important organ of elimination. Others, such as the

*According to the
Charaka Samhita, a
standard ayurvedic text,
chanting the holy names
of the Lord is the best
way to purify the mind.*

kidneys and intestines, are less burdened and thus can more easily eliminate bodily wastes if the skin is eliminating normally. Regular bathing and washing greatly aids this process.

Meditation on the Deity

As the body has to be purified, so does the mind. According to the *Charaka Samhita*, a standard ayurvedic text, chanting the holy names of the Lord is the best way to

purify the mind.

Light massage and exercise

The body has different channels, called *srotas*. When clear and open, these channels efficiently distribute nutrients to each cell in the body and draw off waste products. Exercise and massage help to open and cleanse these channels. When properly done, exercise also helps increase the intake of *prana*, or life force, within the body and mind. Thus exercise enlivens the senses, improves digestion, and produces a general sense of well-being.

Breakfast

Now that the body has been cleansed and the fire of digestion awakened, one can take food to provide energy for the day's activities. One should eat light during the warmer months and heavier during winter.

This simple routine will help prevent disease and keep our energy level high so that we can perform our devotional service enthusiastically, free of mental and physical impediments. ❧

The Five Elements

... continued from page 10.

kirtana can also do a lot in this regard. Even a good opera singer has more *prana* than others. I once had an interesting experience while living in America. I saw one opera singer in a supermarket. Since I was in a small town, I knew no-one there recognized her, but I was amazed to observe that the eyes of everyone in that supermarket were glued to her. She simply had so much energy that everyone was compelled to look.

Ether: The modern scientists have "proven" that ether doesn't exist. Their so-called proof, however, is based on the assumption that if ether exists it must be some substance that fills space and that would therefore affect the things moving through it. Their "proof" is meaningless, however, because ether means space. A banana has more ether than a cherry, that's all.

So what does space have to do with our physical health? Plenty. If I don't

have enough space to live, or if I don't have a space where I feel protected, I may become ill. For most people this means having a place that is their own. Ether is part of *vata*. *Vata* in the body means nerves. In ISKCON we have too long had the idea that privacy is something connected only with sense gratification and therefore unnecessary. Too often I have seen



disregard for privacy. If we disturb someone's ether, we are making a big mistake. Of course, as with everything else, everyone has different requirements, but the basic principle is clear.

So now the question of *asrama* life comes up—certainly a difficult situation. I have seen great disturbances here because of a lack of regard for others' needs. These things can be somewhat controlled by regulation—LIGHTS OUT AT 21:00!—or by putting locks on everything. Such regulations are necessary, and in this case I want to emphasize the individual's responsibility for making some arrangement to fulfill his own requirements. It's your life, it's your consciousness. If you try to ignore your needs (even in an attempt to make spiritual progress) you will make trouble for yourself. Our philosophy is to situate ourselves in a strong position and then make war against *maya*. Your space is just as important as your earth, water, fire, and air. ❧

News from Around the World

VERY IMPORTANT LESSON FOR ALL DEVOTEES:

If you want to leave your body in Vrindavan and be cremated here immediately without having to wait around for all the legalities required of a foreigner in India, you must do the following: (These procedures should be done by ALL devotees wishing to be cremated in Vrindavan irregardless of whether or not their death is insight. Don't wait until the last minute to organize this at the inconvenience of other devotees. Do it yourself before you are ill or perhaps even die unexpectedly. Every karmi has a Will which they organize and keep securely along with all their other legal papers like passports, and birth certificates, etc. Why not devotees?)

What you must do:

- 1-Make your last Will and Testament saying that it is your desire to die and be cremated in the Holy Land of Vrindavan, India. Sign it yourself and get a witness to also sign it.
- 2-Have the Will notarized by a bonafide Notoriotor.(authorized stamp, etc.)
- 3-Have the Will assured by the Minister of Justice.(authorized stamp, etc.)
- 4-Have the Will assured by the Minister of External Affairs.(authorized stamp, etc.)
- 5-Have the Indian Embassy of your home country give their authorization stamp, etc.
- 6-Once you actually come to India, you must finally get your will authorized by your home country embassy here in India. (For example, if you are from the Ukraine, you have to get permission from the Ukrainian embassy here in India before you will be legally allowed to be cremated here. Failure to do so is a criminal offense and action will be taken against ISKCON or the devotees in whose care is the expired devotee.)
- 7-The expired devotee must be examined by a qualified doctor having a MBBS or MS degree in medicine, who verifies the cause of his death.

*Before all of the above is completed, your expired body cannot be cremated. Recently, there was a Russian devotee who died here without having organized all of the above. His body sat lifeless in

Delhi for 3 full days before he was 'allowed' to be cremated. Don't let this happen to you. It is really an inconvenience also to those who are left with the burden of having to deal with it when you could have organized it all now while you are still able to do it yourself.

*All of the above can also be done here once you come to Vrindavan, but it requires a lot of time. Once your body has expired there is too little time to get started on all of this. You need at least 3 weeks to see all legalities peacefully to completion. Best is to do it all before you come.

*If you are planning to leave your body here at PRABHUPADA VANI ASRAM you must inform us at least 1 week in advance of your coming, otherwise we may not be able to accommodate you.

*You must have your local authority and your spiritual master contact us and verify that you have been a regular contributor to the ISKCON society and a devotee of goodstanding, otherwise we may not agree to accommodate you.

*You must come equipped to pay ALL expenses from the time of arrival to the time of cremation.

*Cremation fees cost aproximately 1500.00rupees as of this writing.

*A simple room in PRABHUPADA VANI ASRAM costs 100.00 rupees per night, kitchen facilities are not included. We can help you organise a simple cooking system or rent you regular cooking times in our kitchen. Price for this will be negotiated upon your arrival. Meals for those assisting may be taken with asram staff member for 50.00rupees per day

*PLEASE CIRCULATE THIS
INFORMATION TO ALL ISKCON
DEVOTEES AND ANYONE WHO
MIGHT BE THINKING OF DYING
OR BEING CREMATED IN
VRINDAVAN, INDIA!!!

THANK YOU,
YOUR SERVANTS AT
PRABHUPADA VANI ASRAM
TRUST
(Rambhoru devi dasi)
ISKCON
KRSNA BALARAM TEMPLE
VRINDAVAN
INDIA

ON COOKING

(From ISKCON Foundation's Management Guidelines manual)

Quotations from Srila Prabhupada;

"The Krsna consciousness movement is giving the population of the entire world a chance to take advantage of Krsna consciousness through the ISKCON centers, where one may perform Deity worship and chant the Hare Krsna maha-mantra and in this way obtain results with effectiveness increased a thousand times. This constitutes the best welfare activity for human society." (SB 7.14.30-33, purport).

"A brahmana's name is suci, or one who is clean. In the toilet room wash with water and wash your hands with soap. Then wash feet, face and mouth. Your cloth must be washed daily, especially any cloth used to sleep in. In the kitchen also, things should be kept spotless and cooking should only be done by brahmanas; others may assist. That is the same procedure followed with Deity worship. So these are some of the points to note in Brahminical life. Keep yourself clean outside by bathing, etc. and clean inside by chanting Hare Krishna Mantra. Go on in this way and your rapid advancement in Krishna Consciousness will be certain. P.S. This letter for cleanliness may be explained to other Brahmanas."

Letter to: Laksmi Narayana, 71-07-08.

Prabhupada: Utensils for cooking Purpose must be very, very clean. The.... If the black portion remains, in India they will not touch.

Pusta Krsna: Even on the bottom and the outside?

Prabhupada: They'll not touch: "Oh, it is still dirty." But our going on. What can be done? Where there is no cleanliness, little rubbed with soap, that is sufficient. What can be done? But that is not cleanliness. If there is a black spot on the..., it has to.... It will immediately be cleaned. My mother used to see every utensil, whether there is any spot. The maidservant had to surrender. Examine. Then it is no spot. Then it is finished. Otherwise she has to do again. Everything should be neat and clean. The kitchen should be very neat and clean, washed twice daily, opened nicely

and smeared with water and gobar. And if you see the kitchen, immediately you'll feel comfortable. It is very cleanly prepared, then offered to the Deity. Then you take. Automatically your mind becomes cleansed.



Guidelines:

231. The temple president shall seek a qualified twice initiated member to serve the kitchen department head (head cook). The head cook shall meet all qualifications listed in guideline #436. The head cook, and temple president shall vigilantly maintain the following standards:

232. The cooks shall cover hair to avoid any hair falling into a preparation. The cooks shall make sure their clothing is clean, devotional clothing. Specifically:

(a) clothing must not have been worn in bathroom

(b) clothing must not be worn while eating or sleeping

(c) clothing should not be worn outside temple grounds.

233. The cooks shall freshly shower and wear tilaka and neckbeads. The cooks shall wash hands when first entering kitchen. Cooks shall wash hands again when touching face, mouth, hair, or other things considered unclean.

234. The cooks shall not allow the use of the following items in Deity preparations meat, fish, eggs, onions, mushrooms, garlic, red lentils, burned rice, white eggplant, saps from trees (if not boiled first), goat-milk products, and milk with salt. Also:

1. The cook shall make sure all vegetables and fruits are washed before using for cooking.

2. The cook shall make sure anything that falls on the floor that is still usable is washed again.

3. The cook shall cover all preparations as soon as they are cooked.

4. The kitchen staff shall make sure ghee or oil used for frying is covered when not in use.

5. The head cook shall make sure all ingredients are properly stored in closed containers.

235. The head cook shall make sure kitchen staff regularly cleans kitchen, including inside stoves, ovens, and refrigerators. The kitchen cleaners shall scrub pots after they are used. The head cook shall make sure no one eats or drinks in the kitchen, and make sure the

kitchen sink is only used for Deity cooking and cleaning kitchen paraphernalia. The head cook shall make sure kitchen garbage is removed at least once a day. The head cook shall make sure prasadam is not stored in the kitchen or bhoga cooler. The head cook shall make sure kitchen pots and utensils are not used for serving prasadam.

236. Since the kitchen is considered an extension of the altar, the head cook shall be considered only initiated brahmanas as qualified to cook for installed Deities. The cooks shall allow themselves enough time to prepare their offering in good consciousness. The kitchen staff shall restrict conversation to krsna-katha. The head cook shall make sure music played in the kitchen is restricted to traditional bhajana and kirtana recordings. The cooks should relish the mood of serving the Lord and His devotees.

237. The head cook shall develop a weekly menu which has variety and balance and considers various preaching program prasadam requirements. Using the menu, the head cook shall prepare a regular shopping list, using a master list form of all ingredients and taking inventory of each before ordering. Note: The head cook will find further authorized ISKCON kitchen standards in the Pancaratra-Pradipa, Volume 1, on pages 63-72.

THE BHAKTIVEDANTA HOSPITAL

Mumbai, 26 December 1997 - The "Bhaktivedanta Hospital - for the people" was officially inaugurated on 11 January 1998, by Mr. Arvind Mafatlal of the AGM Group of Companies.

The newly built hospital, a project of the Sri Chaitanya Seva Trust, is a unique medical and nursing facility which embraces the ideals of holistic health, where the emphasis of treatment is directed towards the physical, emotional and spiritual needs of the patient.

The Sri Chaitanya Seva Trust was founded in August 1986 and comprises of twenty young and experienced doctors, led by Dr. Sankhe, Medical Director and pediatrician. Mr. Niranjana Dalmia of Dalmia Group of Companies (Eversmile Properties Pvt. Ltd.), kindly donated 80,000 square feet of land to Sri Chaitanya Seva Trust. The hospital

is located on Mira Road, Thane District, Mumbai.

Bhaktivedanta Hospital is a 8-crore project which incorporates all modern architectural features, combined with a classic Vedic facade, set amongst beautifully landscaped gardens. It houses 100 beds with 20 complimentary.

The hospital will provide diagnostic, medical, surgical and post-operative care, using state-of-the-art diagnostic and medical equipment. It will seek to combine modern scientific principles of diagnosis and treatment with other traditional schools of alternative medicine, such as ayurveda, homeopathy, naturopathy, acupuncture and others. The team of doctors and nurses will provide practical advice to each patient and give counsel in diet, health, lifestyle and other related matters.

One of the special features of this unique hospital is a prayer room for members of all religions. In addition, spiritual care will form an integral part of the medical and nursing care plan. Another distinct feature is the strictly sanctified lacto-vegetarian diet.

As part of its future plans, the hospital doctors propose to work hand in hand with mobile dispensaries in the neighboring areas. They will visit villages and train people in basic medical services. The Bhaktivedanta Hospital will act as the main health care center, and if necessary, the patient will be brought from their village for treatment.

The work at the present site started in April 1995. The contract for the construction was given to Voltas International Ltd. Over this two year period the dream was realized with the help of various philanthropic and charitable organizations, trusts and individuals.

Information about the recently inaugurated Bhaktivedanta Hospital is now available online at:
<http://www.cyberindigo.com/iskcon/>

The snail mail address is:
Bhaktivedanta Hospital
Sector I
Srishti Complex
Mira Road East
Thane 401107
India

Tel: 91-22-8101884
Fax: 91-22-8101885

QUARTZ WRISTWATCHES

Your wristwatch may be unhealthy. Its effect may sometimes be seen immediately when a red spot appears under the watch as soon as it is put on. The reason for this is that where the pulse is situated the quartz inside the watch emanates a high frequency electromagnetic field. This electromagnetic field can disturb the body's own electrical system.

Therefore, to restore the body's normal electrical balance, it is recommended to take off the watch at night. Automatic watches are available but there are two types:

1. The real automatic watches have no quartz, no electricity and no radiation. The source of power is basically the movement of one's hand. Unfortunately they are difficult to find and are expensive.
2. The common "automatic" watch has a built in generator that produces electricity when a person moves his hand. This electricity charges a battery, which powers a normal quartz movement. Thus although this kind of automatic watch doesn't need a battery, it has as much radiation as any other quartz watch.

Solar energy can also power watches. However, in these watches the solar energy is transformed into electricity and consequently powers the same quartz movement as in common watches. Therefore, they have the same negative effects as other quartz watches. There are, however, solar watches that consist of a rod and a scale with marks that shows the time by the movement of the shadow, created by the rod. These watches are not popular nowadays and not very accurate, but at least they are perfectly safe to use.

Alternatives are to carry a pocket watch or put the watch in a pocket. It will do less harm there than on the wrist.

ELECTRICITY

from Radharadhya dasa

Dr. Becker has written a book entitled "Cross Currents". He collected material from dozens of international studies which show how microwaves and EMF (e.g. the 50 Hz

everywhere) even in lower dosage greatly enhance the growth of cancer cells (up to 1600 %). They also increase especially brain tumor rates, decrease serotonin production (happiness hormone) and in this way increase suicidal rate (significantly increased under high voltage wires), cause chromosome abnormalities and misshapen children, generally cause permanent stress and thus weaken the immune system.

Since the introduction of electricity, practically parallel to the increase of EMF pollution, cancer has been steadily increasing. As life has become faster, stress has increased and at the same time people are being exposed to a bombardment of electromagnetic waves that have never existed before in the history of mankind.

One suggestion is unplug all electrical devices at night. It would be better not even to use radio alarm clocks so that at least during this time the body can relax. There are devices that when switched off automatically disconnect all electricity.

There is substantial evidence that shows people, like those who use cellular phones, who are often in contact with microwaves, have increased chance of brain cancer rate, as well as other problems, like lowered immunity. Therefore, cellular phones should never be used in a car without an antenna.

TOP "10" KILLER HOUSEHOLD CHEMICALS

by Jagat-pati dasa

AIR FRESHENERS: Most air fresheners interfere with your ability to smell by coating your nasal passages with an oil film, or by releasing a nerve deadening agent. Here are some known toxic chemicals found in an air fresheners:

Formaldehyde: Highly toxic, a known carcinogen.

Phenol: When phenol touches your skin it can cause it to swell, burn, peel, and break out in hives. It can also cause cold sweats, convulsions, circulatory collapse, coma and even death!!

AMMONIA: It is a very volatile chemical. It is very damaging to your eyes, respiratory tract and skin.

BLEACH: It is a strong corrosive. It will irritate or burn the skin, eyes and respiratory tract. It may cause pulmonary edema or vomiting and coma if ingested. **WARNING:** never mix bleach with ammonia it may cause fumes which can be DEADLY.

CARPET AND UPHOLSTERY SHAMPOO:

Most formulas are designed to over power the stain itself. They accomplish the task, but not without using highly toxic substances. Some include:

Perchloroethylene: A known carcinogen, this chemical damages liver, kidney and nervous system damage.

Ammonium Hydroxide: Corrosive, and extremely irritable to eyes, skin and respiratory passages.

DISHWATER DETERGENTS: Most products contain chlorine in a dry form that is highly concentrated. This is the # 1 cause of child poisonings, according to poison control centers.

DRAIN CLEANER: Most drain cleaners contain lye, hydrochloric acid or trichloroethane.

Lye: Caustic, It burns skin and eyes, if it is ingested it will damage esophagus and stomach.

Hydrochloric acid: Corrosive, eye and skin irritant, it damages kidneys, liver and digestive tract.

Trichloroethane: Eye and skin irritant, a nervous system depressant, damages liver and kidneys.

FURNITURE POLISH:

Petroleum Distillates: Highly flammable, can cause skin and lung cancer.

Phenol: (see Air fresheners, Phenol.)

Nitrobenzene: Easily absorbed through the skin, it is extremely toxic.

MOLD AND MILDEW CLEANERS:

Chemicals contained are:
Sodium hypochlorite: Corrosive, irritates or burns skin and eyes, can cause fluid in the lungs which can

lead to coma or death.

Formaldehyde: Highly toxic, known carcinogen. Irritant to eyes, nose, throat, and skin. May cause nausea, headaches, nosebleeds, dizziness, memory loss and shortness of breath.

OVEN CLEANER:

Sodium Hydroxide (Lye): Caustic, strong irritant, burns to both skin and eyes. Inhibits reflexes, will cause severe tissue damage if swallowed.

ANTIBACTERIAL CLEANERS:

May contain:

Triclosan: Absorption through the skin can be tied to liver damage.

LAUNDRY ROOM PRODUCTS:

Sodium or calcium hypochlorite: Highly corrosive, irritates or burns skin, eyes or respiratory tract.

Linear alkylate sulfonate: Absorbed through the skin. A known liver damaging agent.

Sodium Tripolyphosphate: Irritates skin and mucous membranes, causes vomiting. Easily absorbed through the skin from clothes.

TOILET BOWL CLEANERS:

Hydrochloric acid: Highly corrosive, irritant to both skin and eyes. This chemical damages kidneys and liver.

Hypochlorite Bleach: Corrosive, irritates or burns eyes, skin and respiratory tract. May cause pulmonary edema, vomiting or coma if ingested. Contact with other chemicals may cause chlorine fumes which may be fatal.

OTHER NASTY THINGS THAT ARE AROUND YOUR HOME

PESTICIDES: Most pesticides have ingredients that affect the nervous system of insects. Imagine what these extremely poisonous chemicals do to your body... or your baby's.

Dimpylate: Better known as Diazinon, extremely toxic. Impairs the central nervous system.

Chlorinate Hydrocarbons: A suspected carcinogen and mutagen. Accumulates in food and in fatty tissue. Will attack the nervous system.

Organophosphates: Toxic and poisonous. If you can smell it, your

lungs are absorbing it.

FLEA POWDERS: Why put toxins on "man's (or woman's) best friend."

Carbaryl: Very toxic, causes skin, respiratory and cardiovascular system damage.

Chlordane: Accumulates in the food chain, may damage eyes, lungs, liver, kidney and skin.

Dichlorophene: Will cause skin irritation, may damage liver, kidney, spleen and central nervous system.

LICE SHAMPOO: Especially vulnerable are children.

Lindane: Inhalation, ingestion, or absorption through the skin causes vomiting, diarrhea, convulsions and circulatory collapse. May cause liver damage, stillbirths, birth defects and cancer.

CAR WASH AND POLISH:

Petroleum Distillates: Associated with skin and lung cancer, irritant to skin, eyes, nose and lungs. Entry into the lungs may cause fatal pulmonary edema, most marked Danger, Harmful or Fatal.

TAR AND BUG REMOVER: Contains **XYLENE** and **PETROLEUM DISTILLATES**.

WALKING

Walking a couple of miles each day may do more than keep your heart healthy - it may also ward off cancer, according to a study of retirees in Thursday's New England Journal of Medicine.

Reviewing 12 years of data from the Honolulu Heart Program, Amy Hakim of the University of Virginia School of Medicine and her colleagues found that 13.4% of the 707 men who walked less than a mile per day died of cancer versus 5.3% who walked at least two miles daily.

The heart disease death rate was 6.6% among those who walked the least and 2.1% for those who walked the most.

TEETH AND GUMS

by Vijaya Venu gopala

An excellent product for teeth and gums are tablets called 'G-32', an

ayurvedic product by 'Alarsin' of India.

To use, crush one tablet into powder, apply the powder to gums and teeth, and then brush your teeth.

It can be used everyday instead of toothpaste. Really keeps the gums and teeth clean, and healthy, and stops bleeding gums.

CUTTING BOARDS:

Wood versus Plastic

by Ugresha dasa

It was once believed that nylon or plastic cutting boards were more hygienic than the wooden variety. Since then however, research has indicated that wood is better after all. Researchers have discovered that when organisms that cause food poisoning contaminate cutting boards, almost all the bacteria on the wooden board die off within minutes, while almost none on the plastic ones die.

For added security, periodically you can wash your wooden cutting board with food grade hydrogen peroxide and water or deluded grapefruit seed extract.

CONTAGIOUS DISEASES

"There is no greater threat to our global health today than contagious diseases" -Vice President of USA, Al Gore

According to Norwegian health authorities, last year 17 million people died from contagious diseases.

The old plagues, such as cholera and tuberculosis, diseases we thought were extinguished as a problem, are back. They are now just acting in a more dangerous form, among others because they have become resistant against our century's wonder medicine, the antibiotic. But in addition comes the new sweepers, like HIV and Ebola, which are still just starting to manifest, as a new plague which strike the poor.

For every one person who dies from AIDS, four die from Chronic Hepatitis C.